

# PATENT ABSTRACTS OF JAPAN

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(71)Applicant : LOTTE CO LTD

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(54) BEVERAGE OR FOOD CONTAINING TREHALOSE

(57)Abstract:

PROBLEM TO BE SOLVED: To obtain a beverage or a food containing trehalose, capable of readily ingesting immediately before exercise or when exercising and remarkable in durability in exercise and improvement of physical strength.

SOLUTION: This beverage or food is obtained by blending a trehalose, e.g. trehalose comprising  $\alpha$ -1,1 bond of two molecules of glucose, neotrehalose comprising  $\alpha,\beta$ -1,1-bond of two molecules of glucose or isotrehalose comprising  $\beta$ -1,1-bond of two molecules of glucose so as to enable ingestion in an amount of  $\geq 5\text{g}$  per meal. Furthermore, the beverage or food for improving exercising ability is preferably chewing gum, candy, chocolate or soft drinks.